

ABSTRACT OF THE DISCLOSURE

The present invention relates to a walking sole for converting any athletic shoe into a walking shoe. The sole includes an outer sole for conforming generally to the sole of an athletic shoe to provide traction for the wearer, and an elasticized upper for securing the outer sole to the lower exterior portion of the shoe. The outer sole is defined by a bottom layer of a durable material suitable for the sole of a walking shoe, and an upper layer sufficiently resilient to absorb the impression caused by a cleat when the walking sole is worn on a shoe with cleats and to return substantially to its original shape when the walking sole is removed from the shoe. The sole is used to convert any athletic shoe into a walking shoe so that athletic shoes can be worn throughout the day rather than requiring the wearer to carry a second pair of shoes when the wearing of athletic shoes will be required.